

Ashtanga Samgraha

It is proposed to divide the 1-½ years of professional course into three terms as envisaged by DAME. The three terms, study leave & periodical exams can be as follows:

Term 1 : Classes for 6 months, including examination & result

Term 2 : Classes for 6 months, including examination & result

Term 3 : Classes for 4 months including model examination & result.

Study leave + University Exam for 2 months

University Examination process 2 months

Total : 18 months

- Terminal exams should include viva.
- Examinations should be completed within the period of 18 months as stipulated by CCIM
- Third terminal exam may be conducted as model exam.

The first term ends after 4 months from the starting and during 5th month the 1st terminal examination is planned. The portion to be taught in the period is –

Detailed study

Chapter No. 1, 2, 17 and 19 (four chapters)

In Non detailed study

Chapter - Chapter No. 3, 4, 5

3. Dina charya - Dasavidha Papani, Vyayamam, Udvarthanam, Dandhadhavanam, Abhyangam, Thambulam Snanam – Brief idea in the above titles.

4. Ritu charya - Ritu lakshanam, Ritu Sandhi and Ritu charya – An introductory explanation with above topics.
5. Roganutpadaneeya vijnanam - Brief notes on Dharaneeya and Adharaneeya Vegas.

In the beginning of 5th month, there will be 1st terminal exam.

Second Term

After the 1st terminal exam, the 2nd term starts. The first 4 months of the second term are allotted for teaching and during the 5th month, the 2nd terminal examination will be finished.

During the period, the chapters for detailed study is 18,20,21 and 22 (4 chapters).

Non detailed study is 6, 7, 8, 9, 10, 11, 12 and 13 (8 chapters)

6. Dravadravyadi vijnaneeyam - General knowledge on it Gunas, Jala, Gruthas and Ksheera.
7. Annaswaroopam vijnaneeyam - Introductory notes on the classification and acquaintance of Vargas – Annaswaroopam.
8. Virudhanna vijnaneeyam - Introductory notes on Virudhalakshana and Trayopasthambha.
9. Annapanavidhi vijnaneeyam - A general impression in the chapter.
10. Mathraseetheya Vijnaneeyam - General knowledge on Mathra lakshanas, Trividha ajeernas, Chikitsa, Geerna lakshanas, Adyashadhahara Pachana Kalas.
11. Dwividha Oushadha Vijnaneeyam - General knowledge on classification of Chikitsa and Oushadha.
12. Agrasamgrahaneeyam - General notes with Chapter.

In the beginning of 5th month the second terminal examination starts which include the portion of 1st and 2nd terms and then after the 3rd term starts.

3rd Term

The portion for detailed study is, 23 & 24.

Non detailed study is 25 to 40 (15 chapters)

Chapters 14, 15 & 16 - Introductory notes on classification of Ganas and Mahakashayas and Dravyaguna Samgraha.

Definition of Sneha, Swedha, Vamana, Virechana, Vasti, Gandhoosha, Achodana, Jalookavacharanam, Siravedha, Yantra, Salyaharana, Kshara and Agnikarmas (Chapter 25 to 40).

Details of Question Paper

The question for 90% marks should be from detailed study portion and 10% marks for non detailed study portion. Maximum care should be taken to cover all the topics while preparing question paper.

Distribution of marks

Multiple choice question (6 nos. x 1 mark)	-	6 marks
Short answer question (10 nos. x 2 marks)	-	20 marks
Short notes question (3 nos. x 3 marks)	-	9 marks
Short essays (3 nos. x 5 marks)	-	15 marks
Total	-	50 marks

The Plan of work

[As per the existing system 4 hours theory classes are allowed for this topic in all the colleges timetable. Hence minimum 16 hours may get it per month. For 4 months 64 hours which is expected to minimum 60 hours in a term.]

Ist Term

Detailed study – 4 chapters

1st Chapter – Ayushkameeyam	–	18hrs
2nd Chapter – Sishyopanayaneeyam	–	6hrs
17th Chapter – Dravyadivijnaneeyam	–	13hrs
19th Chapter – Doshadhivijnaneeyam	–	13hrs
Total	-	50hrs

Non Detailed Study

3rd Chapter – Dinacharya	–	4 hrs
4th Chapter – Rithucharya	–	3hrs
5th Chapter – Roganutpadaneeyam	–	3 hrs
Total	-	10 hrs

IInd Term

Detailed study – 4 chapters

18th chapter – Rasabedheeyam	–	8 hrs
20th chapter – Doshabhedeeyam	–	12 hrs
21st chapter – Doshopakramaneeyam	–	9 hrs
22nd chapter – Rogabhedeeyam	–	12 hrs
Total	–	41 hrs

Non Detailed Study

6th chapter – Dravadravyadivijnaneeyam	–	3 hrs
7th chapter – Annaswaroopavijnaneeyam	–	3 hrs
8th chapter – Virudhannavijnaneeyam	–	3 hrs
9th chapter – Annapanavidhivijnaneeyam	–	2 hrs
10th chapter – Mathraseetheyavijnaneeyam	–	4 hrs

11th chapter – Dwividha Oushadhavijnaneeyam	–	2 hrs
12th chapter – Agrasamgrahaneeyam	–	2 hrs
Total	–	19 hrs

IIIrd Term

Detailed study – 2 chapters

23rd chapter – Bhesajavacharaneeyam	–	10 hrs
24th chapter – Dwividhopakramaneeyam	–	10 hrs
Total	-	20 hrs

Non Detailed Study

Chapters – 25,26,27,28,29,34.

(6 Chapters – 2 hrs each)	–	12 hrs
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Chapters – 30,31,32,33,35,36,37,39 & 40

(9 Chapters – 1.5 hrs each)	–	14 hrs
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Total	-	26 hrs
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In total during the 3rd term (20+26) 46hrs are allotted for teaching and the remaining 14 hrs are allotted for discussion on compilations.

Model Questions from Detailed Study Chapters

Chapters 1 & 2

1. Name the Prakritis ? Which prakriti is said to be ideal ? 2
2. Mention the properties (gunas) of thridosha? 2
3. Name the dhatus and their functions ? 2
4. Name the shad rasas ? Which rasa gives more strength to the body?1
5. Mention the rasas which mitigate vata, pitta and kapha ? 2

6. Name the Vimsathi gunas ? 2
7. How Kala, artha and karma forms the main causative factors of disease? 2
8. Which are the manodoshas ? Mention the paramoushadi of manodoshas? 2
9. Name the main Sodhana Karmas for the elimination of each dosha ? 2
10. Explain the Sisyagunah (qualities of the student). 5
11. Mention the Bhisak lakshana (qualities of the physician). 3
12. Which are the Chaturvidha jnanas ? 2
13. Describe the Padachatushtaya ? 5
14. Mention the qualities of curable disease (sukha sadhya roga lakshana) 3
15. Mention the Krichra sadhya roga lakshana. 2
16. What are the signs and symptoms of Yasya roga ?
17. Name the three types of Kosta ? 1
18. Mention the Asadya roga lakshana ? 3
19. Name the main Samana Oushada for each doshas ? 1
20. Mention the three kinds of agni ? 1

Chapter 17, 19

1. Explain how a dravya is said to be Panchabhouthika ? 3
2. What is the difference between Rasa and Anurasa ? 2
3. Write the properties of Agneyadravya. 2
4. Explain Veerya. What are the different opinions about Veerya ? 5
5. What you mean by Vipaka ?
Explain the thrividha vipaka according to parasara ? 5
6. How we can differentiate the Rasa, Veerya and Vipaka ? 3
7. Explain Prabhava with suitable examples. 3
8. Describe Thridoshas and their normal functions ? 5

9. Explain the normal functions of Dhatus and Malas.	5
10. Mention the Vridhilakshanas of Kaphadosha.	3
11. Define the Mamsa vridhi lakshanas.	5
12. Examine the relationship between Doshas and Dhatus.	5
13. What are the major causes of Dhatu vridhi and Dhatu kshaya ?	5
14. Which is the Vishesha chikitsa of Rakthavridhi ?	1
15. What you mean by Dhatvagni ?	2
16. Define samanya samprapthi.	2
17. What are the factors responsible for the movement of Doshas from Koshta to Sakha and Vice versa ?	5
18. Define the term Ojas and describe the causes of its vitiation.	5

Chapter 18

1. Write the Panchabhoutikatwa of Shad Rasas and explain its action on Tridosha.	5
2. Relation between Doshas and Shad Rasas.	5
3. Relation between Shad Rasas and Panchabhutas.	5
4. Describe the gunas of Amla rasa.	3
5. Describe the gunas of Katu rasa.	3
6. Describe the gunas of Kashaya rasa.	3
7. Explain the complications of the excess usage of Lavana rasa.	3
8. Explain the complications of the excess usage of Kashaya rasa	3
9. Write the dravyas of Tiktaskantham (group of bitters).	5
10. Write the names of dravya best among the Shad Rasas.	2
11. Describe the features of Jangala Desa (desert land).	3
12. Explain the features of Anupa Desa (marshy land).	3

Chapter 20

1. Explain the role of Panchabhutas in the constitution of Tridoshas. 3
2. Describe the Dosha Sthanas. 3
3. Describe Bhedas of Vata. 2
4. Describe Bhedas of Pitta. 2
5. Describe Bhedas of Kapha. 2
6. Nanatmaja Vikaras of Vata. 2
7. Nanatmaja Vikaras of Pitta. 3
8. Nanatmaja Vikaras of Kapha. 3
9. Vridha vata karma (functions of increased Vata). 5
10. Vridha pitta karma (function of increased Pitta). 5
11. Vridha kapha karma (function of increased Kapha). 5

Chapter 21

1. Describe the Samanya Chikitsa of Vata. 5
2. सुखप्रतिष्ठिः सुखार्थः - Explain the context. 5
3. What are the preference of Rasas in the treatment of Pita vitiation? 2
4. In which Ritu Kapha Dosha became Prakopa ? Why ? 3
5. Write the order of 'doshajaya' in Sannipata ? Why ? 2
6. Define Ama. 3

Chapter 22

1. Define Pranjaparadha (प्रज्ञापराध). 5
2. Short notes (3 marks each)
 - a) Madhyama rogamarga b) Swatantra roga (Primary)
 - c) Upadrava roga d) Paratantra roga (Secondary)
3. What are the causes of sahaja (hereditary) rogas ? 5

4. दोषा एव हि सर्वरोगैक कारणम् – Describe. 5
5. What are the 3 major causes for doshavaikruta ? 3
6. What are the rogamargas (pathway) of diseases ? 5
7. Describe Rogi parikshavidhi. 5
8. Describe Roga parikshavidhi. 5

Chapter 23

1. Briefly describe the bhesajavacharakalas along with their indications. 5
2. Why Shodhana should be done in Sadharana kala ? 5
3. What is meant by मध्यभक्त ?
What are the conditions in which it is indicated? 2
4. What are the indications of Adhobakta Oushadhakala ? 3
5. Indications of Sabaktha ? 2
6. Indications of Antharabhaktam ? 2
7. Indication of Samudga and Muhurmuhur. 3
8. Indications of Sagrasam, Grasantharam and Nishi. 3
9. Oushada pareeksha according to Bhesajavacharaneeyadhyaya- Explain 5
10. How does Kala becomes an important factor to determine
the Yogyatha (suitability) of Oushadha ? 5
11. What are the contra indications of Abhakta oushadha kala ? 2
12. Name the months in which Kapha, Pitta & Vatha should be expelled? 2
13. What are the features of Oushadha which act as
Amritha to maintain Swasthya ? 3

Chapter 24

1. How the Upakramas are classified?
Define Lankhana and its classification. 5
2. Why all the Upakramas will fall either into Lankhana or Brumhana ? 2

3. Define Shodhana. How it is classified ?	2
4. Define Samana. How it is classified ?	2
5. Define Shodhana & Samana.	2
6. Write the indications of Brimhana.	5
7. Write the indications of Lankhana.	3
8. Write the Samyak Yoga lakshanas of Brumhana and Lankhana.	5
9. Briefly describe Sthoulya samprapthi.	5
10. Briefly describe Sthoulya chikitsa.	5
11. What are the problems caused by Athilankhana ?	5
12. "Karshyameva varam sthoulyath" – why ?	3
13. Explain Krisa chikitsa.	5
14. What is the basic principle followed in the treatment of Karshya and Sthoulya ?	3

Model Questions from the Non Detailed Study Chapters (1 mark each)

1. What are the gunas of Snehana dravya ?
2. What are the 3 matras of Sneha ?
3. Samskara anuvartana is attributed to _____
4. What are the 8 types of Ushna Sweda ?
5. What are Anagneya Swedas ?
6. What are the benefits of Sweda Karma ?
7. What are the benefits of Snehana and Swedana ?
8. In which Dosha predominance Vamana is indicated ?
9. In which Dosha predominance Virechanam is indicated ?
10. Which Bhutas are predominant in Vamana dravyas ?
11. What is Trividha Kosta.

12. Who are Sadaduras ? Why ?
13. What is Vasti ?
14. Vasthi is described as the best Chikitsa in Ayurveda. Why ?
15. What is Anuvasana.
16. What is Astapana.
17. What is Niruha.
18. What is Matravasti ?
19. What is Nasya.
20. What are Nasyabhedas ?
21. How many types of Gandusha ? What are they ?
22. Which are the 3 types of Mukhalepa ?
23. Which are Murdha tailas ?
24. How many types of Anjanas ? What are they ?
25. What is Putapaka.

Chapter 3

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| 1. What you mean by Dina charya ? | 2 |
| 2. Where are Desavidhapapani ? | 2 |
| 3. What you mean by Vyayama and its benefits ? | 2 |
| 4. What you mean by Udvarthanam and its benefits ? | 2 |
| 5. The benefits of Dandhadhavanam | 2 |
| 6. The benefits of Abhyangam | 2 |
| 7. The benefits of Thamboolam | 2 |
| 8. The benefits of Snanam. | 2 |
| 9. What is Ritu charya ? | 2 |
| 10. What is Ritu lakshana ? | 2 |

11. What is Ritu sandhi ?	2
12. What are Dharaneeya Vegas ?	3
13. What are Adharaneeya Vegas ?	3
14. What happens if Mootra vega is forcibly blocked ?	3
15. What happens if Abho vatha is forcibly blocked ?	3
16. What you mean by Dravadravyathi Vijnanam ?	3
17. What are the gunas of Jala in general ?	2
18. What are the gunas of Ksheera in general ?	2
19. What are the gunas of Gruthan in general ?	2
20. What you mean by Annaswaroopam ?	3
21. What is Sookadhanya ?	1
22. What is Simbidhanya ?	1
23. What are Thrayopasthambhas ?	3
24. What you mean by Virudhanna ?	2
25. What you mean by Annapanavidhi ?	2
26. What you mean by Satmya ?	2
27. What you meant by Mathrasitheeyam ?	3
28. What is Mathra lakshana ?	2
29. What you mean by Oorjaskaram ?	1
30. What you mean by Adravya chikitsa ?	1
31. What you mean by Daivavyapasraya chikitsa ?	1
32. What you mean by Satwavajaya chikitsa ?	1
33. What you mean by Yukthivyapaya chikitsa ?	1
34. What you mean by Nidanathyaga chikitsa ?	1

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| 35. What you mean by Prakruthi vidhanam chikitsa ? | 1 |
| 36. What you mean by Hetuvipareetha chikitsa ? | 1 |
| 37. What you mean by Vyadhivipareetha chikitsa ? | 1 |
| 38. What you mean by Tadarthakari chikitsa ? | 1 |
| 39. What you mean by Agrasamgrahaneeyam ? | 1 |